# Autism Resources

The following list of resources can help with your diagnosis of autism. Some of the information may be appropriate for your current needs and can help with different aspects of the being on the spectrum.

**WEBSITES**

***General***

- The **National Autistic Society** (NAS)
  https://www.autism.org.uk/advice-and-guidance
  Website includes lots of personal experiences and stories of living with ASC.
  Includes sections on:
  - What is Autism?
  - Benefits and money
  - Behaviour
  - Socialising and relationships
  - Education
  - Employment
  - Transition
  - Leisure

  There is also an online forum/community: https://www.autism.org.uk/what-we-do/community

- **Different Minds. One Scotland.** https://differentminds.scot is a new website launched by the Scottish Government which discusses facts and fiction about autistic spectrum conditions and shares stories of people's experiences and can also guide you to information about organisations which offer support.

- **The Spectrum** (digital magazine by NAS)
  https://www.autism.org.uk/advice-and-guidance/the-spectrum
  This magazine can be downloaded as a PDF (previous issues also available under 'previous editions'). There is an option for subscription to the hard copy/paper format, however this incurs a cost (Standard rate £16 per 4 issues).

- **Life on the Spectrum**
  http://www.lifeonthespectrum.net/
  Offers support for adults with ASC, especially those who get their diagnosis in adulthood. Includes a blog on various topics, as well as people's own stories.

- **Autistic Not Weird** is the website of Chris Bonello http://autisticnotweird.com/. He is autistic and a former teacher who now writes and speaks at events across the world improving understanding about autism and striving to improve the experience of autistic people everywhere. Chris also regularly posts on his Facebook page: https://facebook.com/autisticnotweird/ and YouTube channel with a range of videos: https://www.youtube.com/c/AutisticNotWeird

### *Social Skills*

- **NAS Online Social Groups –**
- Under 26s
  https://www.autism.org.uk/what-we-do/scotland/online-social-groups-under-26
  Offers groups that get together regularly and provide members with opportunities to meet new people and have new experiences. The sessions are facilitated by staff and a team of volunteers, with members deciding where they want to visit and what activities they want to try.
- Over 26s – Person to Person
  https://www.autism.org.uk/what-we-do/scotland/person-to-person
  The online programme is varied, diverse and you do not need to join all groups. It allows autistic adults to meet, chat with peers and helps attendees to reduce their social isolation and build their social, communication and life skills. Joining an online group can help with:
  - confidence building
  - turn taking
  - energy accounting
  - socialising with new people
  - developing new interests

### *Money Management*

- **National Autistic Society –** Managing Money
  https://www.autism.org.uk/advice-and-guidance/topics/benefits-and-money/personal-finances/managing-money

- https://www.autism.org.uk/what-we-do/professional-development/training-and-conferences/online/managing-money
  including:
  - A password-creating exercise
  - Animations and information around safely using an ATM
  - Information on debt management and recovery
  - Information on reasonable expenditure
  - Information on budgeting
  - Printable information sheets and worksheets to help manage budgets

### *Sensory Processing*

- **SPD Life**
  http://www.spdlife.org/
  A website about Sensory Processing Disorder in adulthood, including resources and forums. Includes:
  - 5 Steps for Dealing with SPD as an Adult (http://www.spdlife.org/articles/dealingwithspd.html)
  - Meltdown toolkit (things you can to when experiencing a meltdown: http://www.spdlife.org/articles/meltdowntoolkit.html)

### *Newly Diagnosed*

- **Autistic Not Weird –** 'I just found out I'm Autistic. What do I do now?'
  https://autisticnotweird.com/just-found-out/

This article is a good starting point; however *Autistic Not weird* is full of interesting articles on a variety of topics, and is worth providing for the individual to explore themselves, picking out their own areas of interest.

- **Late Diagnosis Group – Autism Initiatives**
  https://www.autisminitiatives.org/differentminds
  Use this link to sign up to a peer led post-diagnostic group which will link you with other people who have recently been diagnosed, present useful information and allow time to discuss your experiences with each other. These sessions are currently being run online.

***Employment***

- **National Autistic Society**
- Finding work:
  https://www.autism.org.uk/advice-and-guidance/topics/employment/seeking-work
- *This work book is currently free to download:*
  https://www.autism.org.uk/shop/products/books-and-resources/finding-work-interactive-ebook
- Online employment module:
  https://www.autism.org.uk/what-we-do/professional-development/training-and-conferences/employment/finding-employment
  A free, online module designed to help the individual to:
  - Identify personal skill set and positive attributes
  - Support understating of autism, including positive disclosure
  - Develop CV writing and job application skills
  - Develop interview techniques and strategies
  - Develop skills to prepare for the workplace

## BLOGS

- ***Invisible Strings*** - http://theinvisiblestrings.com/
- ***Musings of an Aspie -*** http://musingsofanaspie.com/ is a blog written by Cynthia Kim. She writes about the process of getting a diagnosis and her journey of self discovery as an adult with late diagnosis.

## YOUTUBE VIDEOS

- **National Autistic Society: *What is Autism?***
  https://www.youtube.com/watch?v=Lk4qs8jGN4U

- **Purple Ella: *YouTube Page***
  https://www.youtube.com/user/purplemumify/videos

- **Kati Morton: *What is High Functioning Autism?***
  https://www.youtube.com/watch?v=JxpEQY-yiOk *(10 mins)*

- **Temple Grandin: *The Life Autistic***
  https://youtu.be/C8xaW84b7U8 *(9 mins)*

- **Temple Grandin:** ***The Autistic Brain (talk)***
  https://www.youtube.com/watch?v=MWePrOuSeSY *(1 hr 3 mins)*

- **Temple Grandin:** ***TED talks***
  https://www.youtube.com/watch?v=aF4sP-uC-yI *(12 mins)*
  https://www.youtube.com/watch?v=UKhg68QJlo0 *(19 mins)*

- **NHS:** ***Autism - Graeme's Story***
  https://www.youtube.com/watch?v=yKT3swmn_wc *(2 mins)*

- **Chris Packham:** ***Aspergers and Me (documentary)***
  https://www.youtube.com/watch?v=x4tLlIzMGjM *(56 mins)*

- **Laura James:** ***5 Things You Should Know About Autism***
  https://www.youtube.com/watch?v=jSyrsjFXVns *(3 mins)*

- **Laura James:** ***The Steak that Roared***
  https://www.youtube.com/watch?v=pBhf2QuU3Nc *(3 mins)*

- **Laura James:** ***Lorraine Interview - Meet the Woman Diagnosed With Autism at 45***
  https://www.youtube.com/watch?v=FnsZnj46L7M *(6 mins)*

## BOOKS

- ***Coping: A Survival Guide for People with Asperger Syndrome*** by Marc Segar – this can be downloaded or ordered from http://www-users.cs.york.ac.uk/alistair/survival/
- ***Neurotribes: The Legacy of Autism*** by Steve Silberman
- ***Nerdy, Shy and Socially Inappropriate: A User Guide to an Asperger Life*** by Cynthia Kim
- ***Freaks, Geeks and Asperger Syndrome*** by Luke Jackson
- ***The Autistic Brain: Thinking Across the Spectrum*** by Temple Grandin
- ***I Think I Might Be Autistic: A Guide to Autism Spectrum Disorder Diagnosis and Self-Discovery for Adults*** by Cynthia Kim
- ***22 Things a Woman Must Know if She Loves a Man with Asperger's Syndrome*** by Rudy Simone
- ***Asperger's On The Job*** by Rudy Simone
- ***Been There. Done That. Try This! - An Aspie's Guide to Life on Earth*** edited by Tony Attwood
- ***Living Sensationally: Understanding Your Senses*** by Winnie Dunn
- ***An Asperger Dictionary of Everyday Expressions*** by Ian Stuart-Hamilton